

Folkstyle Wrestling Rules

STARTING POSITIONS

Neutral – (both up), Offense (top or optional), Defense (bottom)

1ST Period – Neutral

2nd Period – Coin flip; Choice of Neutral, Top, Bottom or Defer

3rd Period – Neutral, Top, Bottom

Sudden Victory Period – Neutral

Tiebreaker Period 1 – Coin Flip; Top, Bottom or Defer

Tiebreaker Period 2 – Wrestler who did not get choice in TB1; Top or Bottom

Ultimate Tiebreaker Period – Choice to wrestler who scored 1st point; Top, Bottom or Defer

2nd Injury Timeout – Choice to opponent of injured wrestler; Top, Bottom or Neutral

SCORING

False Start – Caution, Caution, 1 point, 1 point...

Takedown – 2 points

Escape – 1 point

Reversal – 2 points

Near Fall – (Back Points) – Must hold at 45 degree angle or less for:

2-4.99 seconds for 2 points

5 or more seconds for 3 points

Near Fall – (Back Points **with injury**, bleeding, illegal hold or technical violation on bottom wrestler):

Immanent to 1.99 seconds, 2 points

2 to 4.99 seconds, 3 points

5 or more seconds, 4 points

If TV or IH add penalty point(s)

Stalling – Warning, 1, 1, 2 points, DQ

Stalling, Bottom – must work for escape or reversal

Stalling, Top – must work to score near fall points or pin (also release and takedown)

Technical Violation – 1, 1, 2 points, DQ

Locked Hands – TV, Point(s)

Illegal Hold or Unnecessary Roughness – 1, 1, 2 points, DQ

Unsportsmanlike Conduct – 1, 1, 2 points, DQ

Flagrant Misconduct – 3 team point deduction and DQ

Slams – Illegal, Penalty Point(s)

OTHER CALLS

Potentially Dangerous – Stopping a hold before it becomes illegal or injures. If bottom wrestler's movement makes legal hold become illegal.

Blood Time – 5 minutes total, no limit to number of timeouts

Injury Time – 1-½ minutes total and maximum of 2 timeouts (Choice of position to opponent on 2nd injury timeout), 3rd timeout is a default of match

Recovery Time – 2 minutes each occurrence – Due to illegal act of opponent

COACHES

Misconduct – Warning, 1 team point, 2 team points and removal from event

Unsportsmanlike Conduct – 1 team point, 2 team points and removal from event

Flagrant Misconduct – 3 team points and removal from event